



# Fredericia - forming the future

## A path to ensuring future welfare



### Life Long Living Maintaining Everyday Life as Long as Possible

Opening Conference for the European Year  
for Active Ageing and Solidarity between  
Generations 2012:  
Staying active – what does it take?

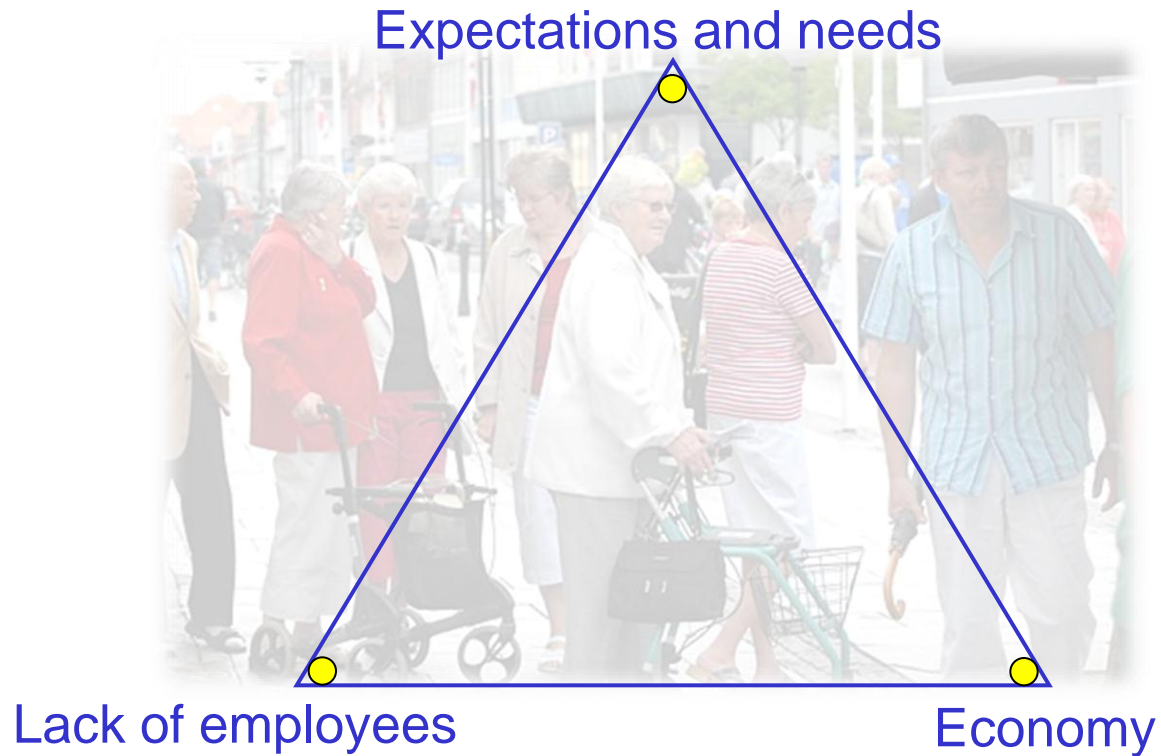
Karen Heebøll  
Director of Social Services, Municipality of  
Fredericia





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# Welfare challenge



# Life Long Living

## Our vision

“A municipality with active and resourceful elderly, who through prevention, rehabilitation, technology and social networking can maintain everyday life for as long as possible.”



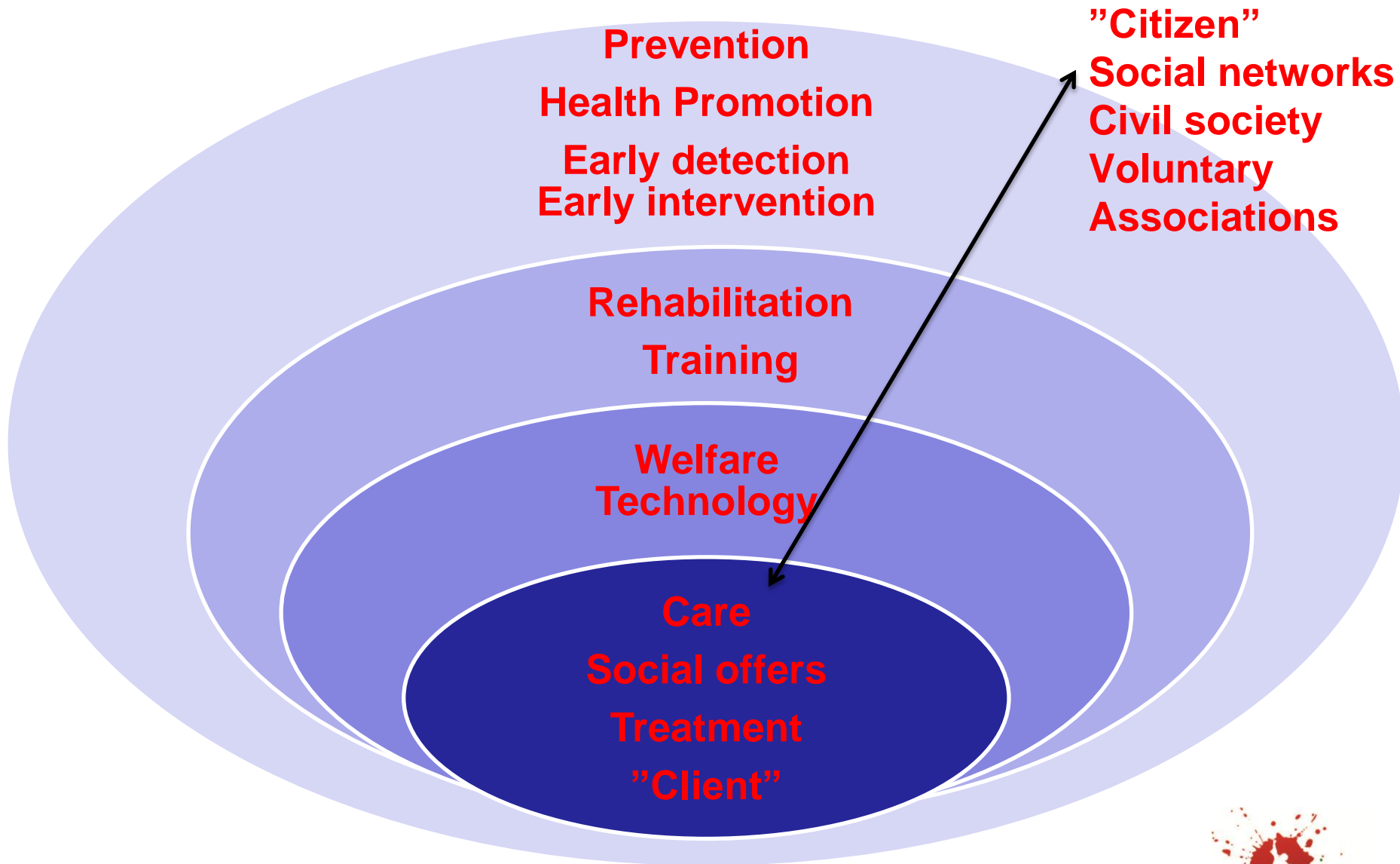
# Change of paradigm in practice



- late to early intervention
- compensation to rehabilitation
- care to prevention
- senior burden to senior strength

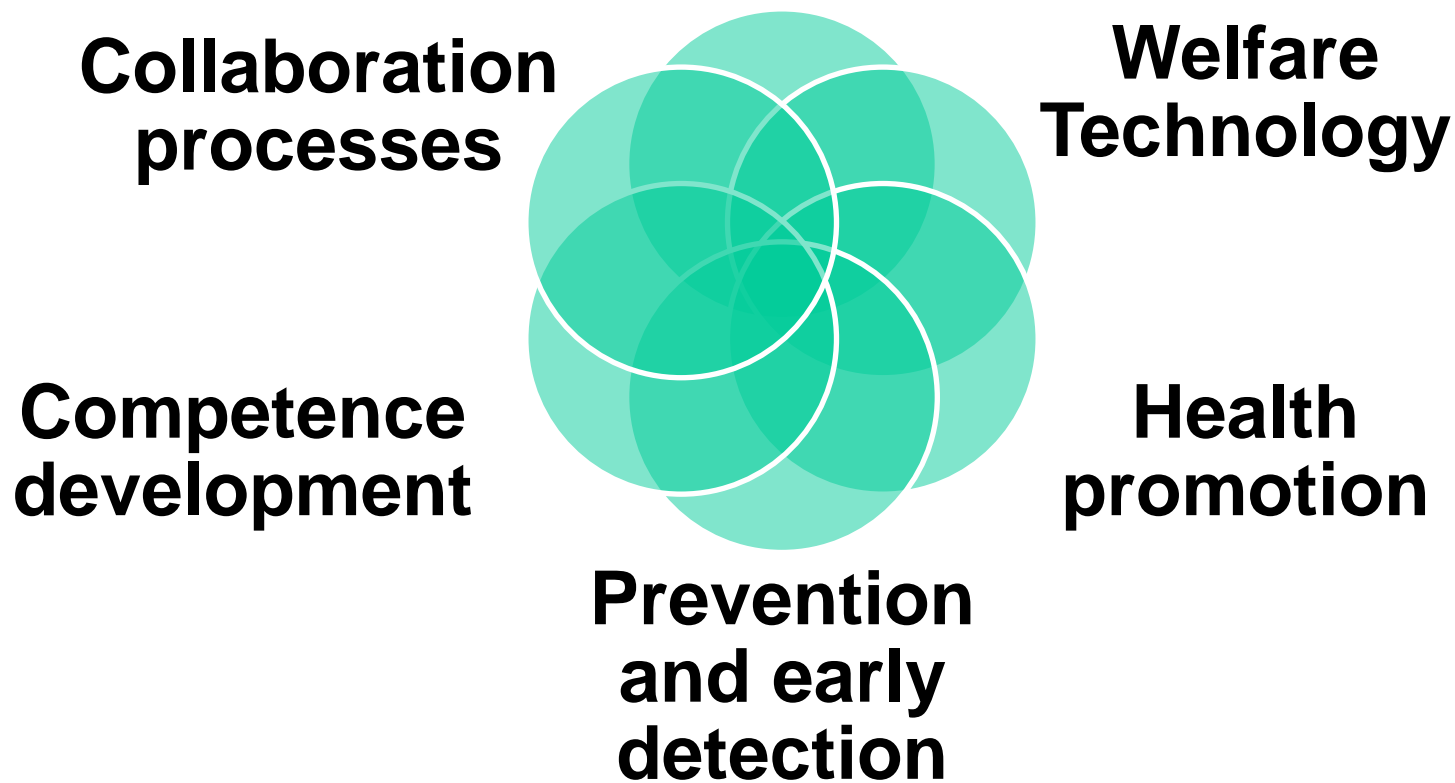


# Rehabilitation and Prevention as strategy



# Life Long Living

## Rehabilitation



# Every Day Rehabilitation

- Help to self-help
- Staff can withdraw to a monitoring role
- Focus on activities in every day life
- Assess resources – make one plan for the citizen
- Care in a "training way"
- Intensive help in the beginning
- 15 care trainers
- 3 therapists, 2 visitation staff and nurses





# From "patient" to independent

1. Apply for personal care and practical help
2. Receive 31 days intensive training  
- totaling 72,3 hours  
(normally 9,3 hours p/w or 483 hours p/a)
3. Achieve independence and happiness

## Conclusion

Investment returned after approx. 2 months

Yearly savings: 20.000 EUR / 822 hours



# Trained home care staff for people who live at home



# Transferability of the method

- Awarded the LGDK Innovation Prize 2010
- Awarded EPSA 2011 Best Practice Certificate
- Integrated into the Danish national budget
- Role model for Danish municipalities on how to work with elderly care





# Life Long Living

[www.lmiel.dk](http://www.lmiel.dk)



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